












EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

OCTOBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Bowling 12:30 - 1:30 Art Classes 12:30	2 Coffee & Sharing with Sr. Center Team 10:00 - 10:30 Walking Club Walk at Wickham Park in Manchester 9:30 - 11:30  Chair Yoga 12:30	3 Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Warehouse Point Library 1:00 - 2:00 Cribbage & Card Games 10:45 - 12:00 Wii Zumba with Melissa 12:30 - 1:30 CRT Volunteer Recognition Day!	4 Foot Care Services 9:00 - 1:00 Free Blood Pressure and Sugar Screening 10:00 a.m. Tai Chi 10:30 - 11:30 SENIOR CLUB MEETING 1:00-3:00	5 Foot Care Services 9:00 - 1:00 New Balance Presentation 12:30 - 1:30
8 Senior Center Closed Columbus Day 	9 Focus Group 10:00 - 11:00 Food for Thought 11:00 - 11:30 One-on-One Law Sessions 12:30 Ask the Financial Advisor 12:30 Chair Yoga 12:30	10 Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:45 - 12:00 Wii Zumba with Melissa 12:30 - 1:30	11 Tai Chi 10:30 - 11:30 AARP Driving Training Class 9:00 - 2:00 	12  Brown's Harvest 10:00 - 11:30 Decorate Pumpkins with Melissa 12:30 - 1:30 Mobile Food Share St. Catherine's Church 1:45 - 2:30
15 Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Bowling 12:30 - 1:30 Art Classes 12:30	16  Sonny's Place 9:30 - 1:30 Coffee & Sharing with Sr. Center Team 10:00 - 10:30 Chair Yoga 12:30	17 Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:45 - 12:00 Craft Hour with Melissa 10:30 - 11:30 Wii Zumba with Melissa 12:30 - 1:30 VNA PRESENTATION Caregivers Respite Workshop 12:30 - 1:30	18 Tai Chi 10:30 - 11:30 COUPON CUTTING 12:30 - 1:30 SENIOR CLUB MEETING 1:00 - 3:00	19 Shopping Trip New Balance/Evergreen Walk Lunch on your own 10:00 - 2:00
22 Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Bowling 12:30 - 1:30 Art Classes 12:30	23 IN HOUSE MOVIE "The Best Exotic Marigold Hotel" 9:30 - 11:30 The Tri-Town Travelers "Oktoberfest & Fall Foliage Train Ride" 8:00 - 3:30  Chair Yoga 12:30	24 Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:45 - 12:00 Wii Zumba with Melissa 12:30 - 1:30 UNITED NATIONS DAY! SET UP FOR MONTHLY SOCIAL	25 MONTHLY SOCIAL 12:00 Noon LIVE ENTERTAINMENT BY Ron Spataro 	26 Tai Chi 10:30 - 11:30 Wii Tournament vs. Vernon at Vernon 12:30 - 2:30 Mobile Food Share St. Catherine's Church 1:45 - 2:30
29 Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Bowling 12:30 - 1:30 Art Classes 12:30	30 Walking Club Walk at Windsor Locks Canal State Park 10:00 - 11:30 Scarecrow viewing for Townwide Contest 12:30 - 2:00  Chair Yoga 12:30	31 Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:45 - 12:00 Wii Zumba with Melissa 12:30 - 1:30  Happy Halloween!! 		

SENIOR CENTER HOURS - MONDAY THROUGH FRIDAY 8:00 a.m. to 3:00 p.m.

SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ 292-8279

NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279 WEBSITE WWW.EASTWINDSORCT.COM

